

# Healthy Breakfast and Snack Ideas



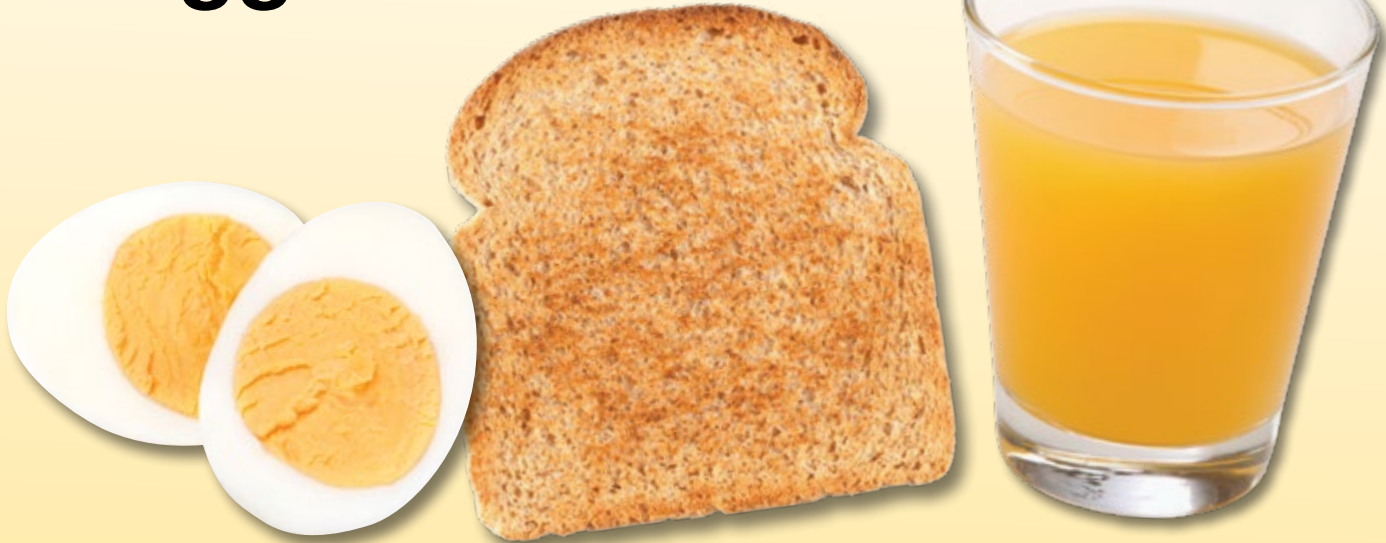
Hard Boiled  
**Egg**

+

Whole Wheat  
**Toast**

+

100% Fruit  
**Juice**



# Start Your Day ...



Whole Grain  
**Cereal**

+

Low-Fat (1%)  
Or Fat-Free  
**Yogurt**

+

Seasonal, Frozen,  
Canned  
**Fruit**



Scrambled  
**Eggs**

+

Leaf Spinach,  
Onion, Tomato  
**Vegetables**

+

Whole Wheat  
**Pita**



# the Healthy Way



Corn  
**Tortilla**

+

Whole  
**Beans**

+

Queso Fresco  
**Cheese**





## **Make Time for Meals**

Use these recipes and tips for new ideas for meals and snacks

Wash and put whole fruit on the table the night before.



## **Take It Easy!**

Plan and prepare your meals and snacks when you're most energetic.

Use a microwave to cook quick oats any time of day.





# Apple Oatmeal Recipe

Makes 4 servings.  
 $\frac{3}{4}$  cup per serving.

Prep time: 10 minutes  
Cook time: 2 minutes

## Ingredients:

1 $\frac{3}{4}$  cups 100% apple juice  
1 cup quick cooking oats  
1 large apple, cored and cut  
into bite-size chunks  
 $\frac{1}{2}$  teaspoon ground cinnamon  
 $\frac{1}{8}$  teaspoon salt (optional)

## Nutrition information per serving:

Calories 157, Carbohydrate  
34g, Dietary Fiber 4g, Protein  
3g, Total Fat 1g, Saturated  
Fat 0g, Trans Fat 0g,  
Cholesterol 0mg,  
Sodium 78mg

## Preparation:

Combine all ingredients  
in a medium, microwave  
safe bowl.

Place in microwave  
uncovered and cook on  
high for about 2 minutes.  
Stir and let cool for 1  
minute before serving.









# Microwave Egg Scramble





## Ingredients:

- 2 tablespoons chopped red or green bell peppers
- 1 tablespoon chopped onion
- 1 egg
- 1 thin slice deli meat
- 1 tablespoon water
- 1 whole wheat English muffin (split and toasted)

## Preparation:

Place peppers and onions in a small bowl. Microwave on high 30 seconds; stir. Add egg, deli meat and water, beat until egg is blended.

Microwave on high 30 seconds; stir. Microwave until egg is almost set, 30 to 45 seconds longer. Season with salt and pepper, if desired.

Serve on toasted English muffin.

## Nutrition information per serving:

Calories 240; Carbohydrate 29g; Dietary Fiber 4g; Protein 16g; Total Fat 6g; Saturated Fat 2g; Trans Fat 0g; Cholesterol 185 mg; Sodium 550 mg.

*Notes: Don't overcook. Scrambled eggs will continue to cook and firm up after removed from microwave. Microwave ovens vary. Cook time may need to be adjusted.*



# Banana Berry Smoothie

## Ingredients:

½ banana, peeled and sliced  
1 cup unsweetened frozen berries (strawberries, blueberries, and/or blackberries)  
½ cup low-fat (1%) or nonfat milk or soft tofu  
½ cup 100% orange juice

## Preparation:

Place all ingredients in a blender container  
Put lid on tightly.  
Blend until smooth.  
If mixture is too thick, add ½ cup cold water and blend again.  
Pour into 2 glasses and serve.  
One serving equals 1⅓ cups.

## Nutrition information per serving:

Calories 112; Total Fat 0; Saturated Fat 0g; Trans Fat 0g; Cholesterol 1mg; Sodium 29mg; Total Carbohydrate 26g; Dietary Fiber 3g; Protein 3g





# Healthy Snacks

## Easy as 1, 2, 3

Whole wheat  
**Crackers**



and

Peanut butter  
on whole wheat  
**Toast**



and

Sliced  
**Apples**



and

Sliced  
**Banana**



and

Low-fat (1%) string  
**Cheese**



Low-fat (1%)  
or fat-free  
**Milk**



For more healthy recipes, visit  
[CalFreshHealthyLiving.org](http://CalFreshHealthyLiving.org)



The California Department of Public Health, with funding from the United States Department of Agriculture's Supplemental Nutrition Assistance Program – USDA SNAP, produced this material. These institutions are equal opportunity providers and employers. For important nutrition information, visit [CalFreshHealthyLiving.org](http://CalFreshHealthyLiving.org).

300856\_CFHL-Exp\_Breakfast&Snack\_091020